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three strips showed a higher intensity of color as compared to AA strip with high fat, low carbohydrates (Table 8).

TABLE 5

with Diet 1				
Sample	TKB Strip	HH&AA Strip	HB-H Strip	AA Strip
1	+	+	+	-
2	+	++	+	-
3	++	+++	+	-
4	++	+++	++	+
5	++	++	+	-
6	++	++	+	-
7	++	+	+	-
8	++	++	+	-
9	+	++	+	-
10	++	+++	-	+
11	+	+	+	-
12	++	++	+	-
13	+	+	+	-
14	+	++	+	-
15	++	+	+	-
16	++	+	+	-
17	++	++	+	-
18	+	+	-	-
19	++	++	+	-
20	+	+	-	-

TABLE 6

with Diet 2				
Sample	TKB Strip	HH&AA Strip	HB-H Strip	AA Strip
1	+	+	+	-
2	+	++	++	-
3	++	+++	++	-
4	++	+++	++	-
5	++	++	++	-
6	++	++	++	-
7	++	+	+	-
8	++	++	+	-
9	+	++	+	+
10	++	+++	+	-
11	+	+	-	-
12	++	++	+	-
13	+	+	+	-
14	+	++	+	-
15	+	+	+	-
16	+	+	+	-
17	+	++	+	-
18	+	+	-	-
19	+	++	+	-
20	+	+	+	-

TABLE 7

with Diet 3				
Sample	TKB Strip	HH&AA Strip	HB-H Strip	AA Strip
1	+	+	-	-
2	+	+	-	-
3	++	++	+	-
4	+	++	+	-
5	++	++	+	-
6	+	++	+	-
7	++	+	+	-
8	++	++	+	-
9	+	++	+	+
10	+	+	+	-
11	+	+	+	-

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TABLE 7-continued

with Diet 3				
Sample	TKB Strip	HH&AA Strip	HB-H Strip	AA Strip
12	++	++	+	-
13	+	++	+	-
14	+	++	+	-
15	++	+	+	-
16	++	+	+	-
17	++	++	+	-
18	+	+	-	-
19	++	++	+	-
20	+	+	-	-

TABLE 8

with Diet 4				
Sample	TKB Strip	HH&AA Strip	HB-H Strip	AA Strip
1	+	+	+	-
2	+++	+++	++	+
3	+++	+++	++	+
4	++++	++++	+++	++
5	++++	++++	++	++
6	++	++	++	+
7	+++	+++	+	++
8	+++	+++	++	+
9	++	++	+	+
10	++	++	+	+
11	++	++	+	-
12	++	++	-	-
13	+	++	+	+
14	+	++	+	+
15	++	++	+	-
16	++	++	+	+
17	++	++	+	-
18	++	++	+	-
19	++	++	+	-
20	++	++	+	-

Obviously, many modifications and variation of the invention as hereinbefore set forth can be made without departing from the spirit and scope thereof and therefore only such limitations should be imposed as are indicated by the appended claims.

All of the publications referred to herein are hereby incorporated by reference.

What is claimed is:

1. A solid test strip designed for use in monitoring weight loss programs and capable of enabling a person to self-monitor weight loss on a daily basis in a sample of urine, saliva or other bodily fluid that is noninvasively obtainable, which provides a color signal, indicative of the  $\beta$ -hydroxybutyrate content of the sample upon being dipped in the sample, removed, allowed to rest briefly and read, which solid test strip comprises

- 1) an inert support layer and
- 2) a dried reagent layer comprising a porous material impregnated with
  - a)  $\beta$ -hydroxybutyrate dehydrogenase enzyme (" $\beta$ -HBD"), which is either
    - (i) obtained from *Alcaligenes* or another source such that it is uninhibited by chloride ions or
    - (ii) is obtained from a source that is inhibited by chloride ions and is present in a concentration at least 10 to 20 times that used when the  $\beta$ -HBD is obtained from a source such that it is uninhibited by chloride ions,